



FRONTIER COMMUNITY COLLEGE

COMMUNITY EDUCATION

SPRING 2020 CATALOG

CLASSES ENROLLING JANUARY THROUGH MAY 2020



LOOK INSIDE FOR:

Registration Information / pg. 2
Personal Growth / pg. 4
Health, Fitness & Leisure / pg. 8
Travel / pg. 13

COMMUNITY EDUCATION

Learning doesn't stop after the degree. At Frontier Community College, we're committed to providing educational opportunities to all ages for lifelong learning. After all, our mission includes delivering exceptional education and services to improve the lives of our students and to strengthen our communities.

Our Community Education program strives to offer a variety of classes with a broad range of subjects and interests. Whether you're looking to find a new hobby or develop an existing skill, there's something in this catalog for you!

Don't see something you're interested in joining? Give us a call and share your ideas. We just might be able to add that particular class to the schedule!

How to register:

You can complete the registration process in our Student Services office on campus. You may also start the registration process or obtain registration information by calling us at 618-842-3711. For an easier process, have the course reference number (CRN) handy.

Payments may be taken over the phone or at our Business Office window. We accept cash, credit card, check, and Apple Pay.

Our staff is happy to assist you with registration or any questions you may have! Regular office hours are 7:30AM-4:30PM. Summer hours are 7:30AM-4:00PM and will begin May 11, 2020.

Understanding the schedule:

Students will receive a copy of their schedule at the time of registration, and it is also available for print through the student's Entrata account. You may receive a schedule by mail if you register for a class over the phone.

If your class requires a textbook or supply kit prior to the beginning of class, all materials will be available for pickup from our bookstore, located in The Bobcat Den (130 Market Avenue). If you have questions about your schedule or materials, give us a call at 618-842-3711.



**Classes are added on a continual basis.
Check back soon for new additions to the schedule!**

COMMUNITY EDUCATION GUIDELINES

Registration and Confirmation

Pre-registration is required for all classes. Student signature and payment are required at registration. Classes can fill up quickly, so early registration is encouraged. Confirmation of registration will include a course schedule, receipt, and other information specific to the enrolled class(es). Students under age 18 requires a parent/guardian's signature on registration documents.

Age-Appropriate Guidelines

Non-credit classes are designed for adults and students high school age and older, unless otherwise stated. Summer kid's classes are an exception. Guidelines for age groups will be based on the content of the course.

Classroom Expectations

We strive to provide excellent learning experiences in Non-credit education classes. As a result, anyone exhibiting inappropriate behavior or disrespectful language may be dismissed without a refund. Students are expected to adhere to the code of conduct as outlined in the IECC catalog and IECC website.

Course Determination

If a class reaches enrollment capacity, a waitlist will be created for the class. Students should provide current contact information, including a phone number and an active email address so that students can be notified if class information changes or is cancelled. Courses will be determined based on enrollment. If a class is cancelled, students can choose an alternate class or receive a refund.

Refund Policy

Unless otherwise stated in the course description, students must drop a class at least five business days before the first session to receive a refund. No refunds will be issued after that time.

For trips organized by Frontier Community College, fees are to be paid at the time of registration. Fees are non-refundable. Registration is not transferrable without consent from Frontier Community College. Trips coordinated by FCC with an outside organization will follow the policies and procedures of the outside organization.

Guidelines updated as of November 13, 2019.

The Community Education Guidelines are subject to change at any point and may be made at the discretion of the Community Education committee.

PERSONAL GROWTH

BOOK CLUB



Thursdays, January 16 - March 19 (every other week)

10:00-11:00AM / LRC Conference Room

\$25 / Instructor: Merna Youngblood

Do you like to read, or have you set a goal to start reading more? Our book club is the perfect place to start! LRC Director Merna Youngblood will guide the club as you read and discuss four award-winning books across a variety of genres. The group will begin with *The Grapes of Wrath* by John Steinbeck (to be read before the first meeting) and *Radium Girls* by Kate Moore. The two remaining books will be determined at the first meeting.

CROCHETING

Tuesdays, March 3 - April 21

1:30-4:00PM / West Hall 101

\$25 / Instructor: Mary Lou Simmons

Learn how to crochet from the beginning! Students will learn how to crochet a pot holder and scarf using even stitching and chaining. No prior experience necessary! Students should bring a G or H hook, as well as cotton yarn of medium weight.



PAINTING WITH PIZZAZZ II



Wednesdays, March 11-April 15

6:00-8:00PM / Mason Hall 23

\$85 / Instructor: Natalie Hurd

Explore your own expressive style through the practice of acrylic painting! Students will learn painting methods and manipulate acrylic paint through demos, discussion, and handouts. Subjects and painting projects will include fruit, flowers, landscapes, a galaxy, and a collograph painting. Supplies are included in the cost of the class, but students may bring their own painting supplies if preferred.

PERSONAL GROWTH

STAINED GLASS

DAY: Thursdays, 12-3:30PM / January 9 - May 7, OR

NIGHT: Tuesdays, 6-9:30PM / January 7 - May 5

Gill's Glass Shed / Instructor: Phyllis Gill

Take up a fun, creative hobby this spring! Open to all skill levels, instructor Phyllis Gill guides students through each step and technique of creating stained glass, including cutting, grinding, foiling, soldering, and more. Equipment is provided, but students will need to purchase glass and supplies from Gill's Glass Shed. This class is worth 3 college credits, so cost will be determined at time of registration, dependent upon various factors.



QUILTING - FAIRFIELD



Mondays, 5:30-8:15PM / February 3 - March 23, OR

Wednesdays, 1:00-3:45PM / February 5 - March 25

Bob Boyles Hall / \$70 / Instructor: Gayla Templeman

This class is open to both beginners and advanced quilters. Learn how to create a No Points Star quilt through cutting, piecing, and sewing. Students will leave this class with a beautiful quilt top. Fabric specifications and requirements will be given to the student at the time of registration.

QUILTING - FLORA

Wednesdays, February 5 - March 23

6-9PM / Flora High School Room 4C

\$70 / Instructor: Laurie Rist

This class is open to both beginners and advanced quilters. Learn how to create a quilt top through cutting, piecing, and sewing. Students will create a Tradewinds quilt in the first half of the class, and an Addison's Star quilt in the second half. Students should contact instructor Laurie Rist for fabric requirements/supply list.

CANCELLED



PERSONAL GROWTH

FOOD SANITATION & SAFETY



CHOOSE THE DATE THAT WORKS FOR YOU:

Tuesdays, 1/14-1/21 6-10PM Mason Hall 25	Mondays, 2/3-2/10 6-10PM Mason Hall 24	Mondays, 3/23-3/30 6-10PM Mason Hall 24
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Earn your state certification for food handling with our Food Sanitation & Safety class. Students will review and discuss the textbook before taking an exam at the end of the class. Carrie Dagg will be the instructor. *This class is worth .5 college credits, so cost will be determined at time of registration, dependent upon various factors.*

HOME STAGING TIPS

**Tuesday, January 28
6:00PM-8:00PM / B-Way Design
\$20 / Instructor: Patti Bowles**

Spring is the peak season for putting your house on the market, and you can make your house look at its best with this workshop!

Patti Bowles will review helpful information about color schemes and shades, furniture positioning, and the do's and don'ts of home staging. Those looking for interior design information are also welcome to join this class.



GLUTEN-FREE LIVING



**Tuesdays, February 4 & 12
6:00PM-7:30PM / Mason Hall 24
\$25 / Instructor: Whitney Buckles, MS, RD, LDN**

Are you wanting to try a gluten-free lifestyle, or do you have a gluten intolerance? This introductory class will discuss gluten-free baking and dining out, identifying gluten-containing foods, and shopping for gluten-free options. Dietitian Whitney Buckles will be the instructor, and gluten-free snacks will be available each night.

PERSONAL GROWTH

BREAD-MAKING

**Mondays, March 2-March 16
6:00PM-8:00PM / FCHS Room 119
\$35 / Instructor: Elizabeth Zuriene**

Bring the aroma of fresh bread into your own home with this class. Students will learn the components of making yeast dough and baking bread, including mixing, kneading, and shaping.

During the 3 weeks, students will make a braided loaf, dinner rolls, and cinnamon rolls. Students should bring a 9x13 aluminum or metal pan. The workshop will be held in Room 119 of Fairfield Community High School. Students should enter through Door #2.



ANGEL FOOD CAKE WORKSHOP



**Mondays, April 6 OR Tuesday, April 14
6:00PM-8:00PM / FCHS Room 119
\$25 / Instructor: Elizabeth Zuriene**

Whether you are making an angel food cake for the first time or want to improve your skill, this class will help you create a delicious dessert! Students will walk through the process step-by-step and take home the cake and a recipe at the end of class. The workshop will be held in Room 119 of Fairfield Community High School. Students should enter through Door #2.

CONVERSATIONAL SPANISH

**Tuesdays, February 25-March 17
6:00PM-8:00PM / Mason Hall 23
\$35 / Instructor: Katie White**

Learn helpful words and phrases of the Spanish language to use in your community, while traveling, or at a restaurant! Instructor Katie White will review the language by subject's, and students will practice speaking in class to enhance their learning. A basic understanding of the Spanish language will be beneficial but is not required.



PERSONAL GROWTH

SELF DEFENSE FOR WOMEN



Tuesday, March 3

6:00-8:30PM / Bob Boyles Hall

\$15 for public / Instructor: Warren Musgrave

Retired police officer Warren Musgrave will review and discuss ideas, tactics, and steps to be aware of your surroundings and protect yourself in a situation of physical threat. This class is FREE to full-time FCC students, or \$15 for the general public.

COMPUTERS & SMARTPHONES 101

Thursday, March 26 & Friday, March 27

1:00-3:00PM / Mason Hall 24

\$25 / Instructor: Jessica Barbre

Would you like to use your electronic devices or connect with friends and family, but aren't sure where to start? This class will cover all the basics, including: how to operate a computer, use the Internet and perform Google searches, connect to WiFi, how to use Microsoft Word with basic editing tasks, and check e-mail.

On day 2, students can bring their smartphone and/or tablet to use Facebook and other apps, add contacts, and more.



WILLS & ESTATE PLANNING



MORE INFORMATION COMING SOON!

MORE INFORMATION COMING SOON!

HEALTH, FITNESS & LEISURE

BOWLING

Thursdays, February 6-March 12

6:00PM-8:30PM / Spare Time (Albion)

1 credit / Instructor: Eric Pesor

Gutter balls no more! Learn the basic fundamentals of the sport, including form, strategy, and scorekeeping. Students will meet weekly at Spare Time in Albion and improve their skill while bowling two games. First class fee is \$10 and \$25 to be paid to Spare Time for shoe rentals and games. This class is worth 1 college credit, so cost will be determined at time of registration, dependent upon various factors.



BALLROOM DANCING



Tuesdays, March 24 - April 28

6:30-8:00PM / Workforce Development Center

\$50 per person / Instructor: Steve Lemons

Get your dancing shoes ready just in time for spring and summer wedding season! Instructor Steve Lemons will teach participants how to dance the two-step, jitterbug, waltz, rumba, and one-step. Participants must have a partner for the class.

HIKING

Friday, April 24 / 6:30-8:00PM

Saturday, April 25 / 7:30AM-4:30PM

\$25 / Instructor: David Harl

New to hiking or interested in taking it up as a hobby? This class will teach you about the gear and clothing helpful for hiking, as well as cover techniques to help you hike efficiently. Instructor David Harl will discuss route finding and emergency preparedness. Students will hike at a local place, such as Sam Dale Lake, on Saturday and should bring binoculars, water, and a packed lunch.



HEALTH FITNESS CLASSES

OFFERED AT THE BOBCAT DEN

Frontier Community College offers a variety of fitness classes at The Bobcat Den to accommodate all ages and exercise levels! Classes include yoga, pilates, chair yoga, and more. All classes are offered on a monthly basis, or you may try a class at a special drop-in rate. Packages and payment details are included below.

REGISTRATION

Prior to attending class and/or at the start of each semester, all individuals must sign and complete a registration form in our Student Services Office. This rule applies to both packages and drop-ins.

First-time Students - Individuals need to complete a registration form in our office. Our staff is happy to assist you with registration in our Student Services Office (Building #1 on the campus map on page 2). Regular office hours are 7:30AM - 4:30PM, Monday-Friday.

Current Students - Individuals may register for classes in our office or by calling 618-842-3711.

PRICING AND PAYMENT

Package Plans (monthly):

\$25 for 4 sessions

\$40 for 8 sessions

\$50 for unlimited sessions

One-Time Drop-In Option - \$8

Not sure which class is right for you? Register for up to three (3) trial sessions in advance with this rate! After your trial session, you will need to purchase a package plan.

To pay for a package or drop-in:

Payments may be made over the phone by calling 618-842-3711 or in-person at our Student Services Office (Building #1). We offer the convenient option of paying for multiple monthly packages in one quick visit or phone call!

DID YOU KNOW?

If you purchase the \$40 or \$50 package plan, you receive a **free membership** to The Bobcat Den's fitness center! Not only can you use these packages to attend sessions of your favorite classes, but you may also use the fitness center's amenities during regular hours of operation. Choose these package plans to receive the biggest bang for your buck!



130 Market Avenue

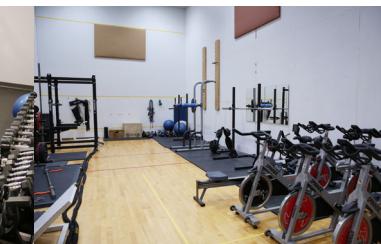
Hours of Operation:

M-R / 7AM-9PM

F / 7AM-4:30PM

S / 8AM-6PM

Closed Sunday



CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	8:00AM-8:50AM Pilates II <i>Donna</i>		
10:00AM-10:50AM Chair Yoga II <i>Denise</i>	9:10AM-10:00AM Chair Yoga III <i>Denise</i>		9:10AM-10:00AM Chair Yoga III <i>Denise</i>
	10:10AM-11:10AM Armchair Pilates <i>Donna</i>	10:00AM-10:50AM Chair Yoga II <i>Denise</i>	10:10AM-11:10AM Armchair Pilates <i>Donna</i>
	11:25AM-12:15PM Cardio <i>Donna</i>		11:25AM-12:15PM Cardio <i>Donna</i>
	12:25PM-1:15PM Pilates/Mini Ball/Yoga <i>Donna</i>		
2:30PM-3:30PM Yoga I <i>Denise</i>			2:30PM-3:30PM Yoga II <i>Denise</i>
4:00PM-4:50PM Chair Yoga I <i>Denise</i>		4:00PM-4:50PM Chair Yoga I <i>Denise</i>	
	6:00PM-7:00PM Yoga I <i>Denise</i>	5:00PM-6:00PM Yin Yoga <i>Denise</i>	5:15PM-6:15PM Total Body <i>Donna</i>

MEET OUR INSTRUCTORS



**DONNA
FRUTIGER**

Donna has always had a love for exercise. Prior to instructing fitness classes at The Bobcat Den, Donna owned and operated The Matworx for many years. A passionate instructor, Donna is certified in Pilates and Yoga by Sara City Workout (Chicago, IL) and provides a firm foundation in the exercises. She cares about each client's needs and strives to bring new and invigorating routines into each class.



**DENISE
HILLIARD**

Denise is a registered instructor for The Bobcat Den through Yoga Alliance. Her passion is to help others improve their health through the art of yoga, just as it helped her. Diagnosed with fibromyalgia, Denise began taking yoga classes from Donna, and it changed her life. Denise works closely with each student to ensure they are receiving the best workout, reassuring them to "just breathe."

FITNESS CLASSES: YOGA



YOGA

Level I

This beginner-level class focuses on basic poses, breathing, and alignment. Yoga is a program for physical moves designed to improve flexibility, physical strength, and stamina required for a healthy body and clear mind.



YOGA

Level II

In this class all types of postures are explored in greater depth. Postures are explored from various vantage points: holding for longer periods of time, from the standpoint of developing more poise, and ease in the face of greater difficulty. Previous yoga experience is necessary.

YOGA

Level II

This moderately-paced class is appropriate for ongoing and advanced students. A mixed style class incorporates a flowing style as well as attention to alignment and technique. Students may make modifications to accommodate their skill level and needs.



YIN YOGA

All levels

Yin yoga is a quiet, meditative practice suitable for students of all levels. Poses are held in stillness for 3-5 minutes, leaving you refreshed, renewed and restored. Exercises target connective tissues and energetic systems of the body, increasing balance and range of motion.



CHAIR YOGA

Level I, II, & III

Chair yoga provides a series of seated and standing poses with constant chair support. These exercises are designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Levels II and III are suitable for those who have chair yoga experience and are comfortable taking on challenging poses.

FITNESS CLASSES: PILATES



INTRODUCTION TO PILATES

Level I

This introductory class is taught once per year to bring new students to the mat. Pilates is a system of controlled exercises that conditions the total body. The blend of strength and flexibility training improves posture, reduces stress, and creates long, lean muscles.



PILATES/MINI BALL/YOGA

Level II

A series of safe floor exercises based on the pilates method. This class will explore the basic series of exercises upon which the entire pilates method is built. These include correct spine and pelvis alignment, breathing, concentration, core strength, and flexibility. Yoga is also incorporated.



PILATES

Level II

This class incorporates the fundamentals of Introduction to Pilates while moving on to the more challenging exercises.



ARMCHAIR PILATES

Level I

This class includes seated and standing exercises, as well as mindful breathing techniques with a mild stretch for all muscle groups. Achieve the best “pain free” range possible with a goal to achieve flexibility training over time. Designed for all ages and those who face physical challenges.



TOTAL BODY

Level II

Set to upbeat music, individuals will use yoga stretches to warm up, weights to tone the upper body, and pilates-based moves to strengthen the core. This class burns calories with fun, low-impact dance moves!



CARDIO

Level I

This aerobics class will energize your lifestyle using low-impact movements to build upper-body and core strength. Routines are safe for all fitness levels and incorporate yoga, aerobics, and tai-chi.

TRAVEL WITH THE COLLEGE!

CALL 618-842-3711 TO REGISTER TODAY!



Beautiful The Carole King Musical

CULTURAL TRIP TO EVANSVILLE THURSDAY, APRIL 16

Join us on a 1-day cultural trip to Evansville, complete with a tour of Toyota Indiana, dinner, and a musical performance of *Beautiful: The Carole King Musical*!

Guests will depart from FCC for the Toyota manufacturing plant in Princeton, Indiana. This plant, which spans 4.3 million square feet, provides tram tours to show how people and machines work together to create better vehicles using tried-and-true philosophies. You'll learn lots of interesting information!

Afterwards, dinner will be held at Western Ribeye & Ribs, a local Evansville restaurant offering one of the city's best salad bars. The menu will include salad, drink, a side, and an entree choice of salmon, steak, or chicken.

A musical performance of "Beautiful: The Carole King Musical" will be held at Old National Events Plaza. This musical tells the inspiring true story of King's remarkable rise to stardom, from being part of a hit songwriting team with her husband Gerry Goffin, to her becoming one of the most successful solo acts in popular music history.

The all-inclusive package is \$130 and is open to individuals age 18 and older. Space is limited, so don't wait to sign up! The deadline to register is February 28. The charter bus will depart from West Hall at 11:30AM with an approximate return to campus of 12:00AM.